



Taste and Savor

## 1 Quick Recipe:

### Salmon Cakes Salad with Honey Dijon Dressing

1 ½ to 2 LBS Salmon (or any firm  
fleshed fish like cod, amberjack, etc.)  
Olive Oil Spray  
Sea Salt and Freshly Ground Pepper  
2 Large Eggs  
6 Green Onions, minced  
½ Cup Panko Bread Crumbs  
½ Cup Chopped Toasted Walnuts  
Juice of 1 Lemon

**Step One** Preheat the oven to  
400F. Spray the salmon with the oil  
and sprinkle with salt and pepper.  
Cook for about 10 – 12 minutes until  
cooked through. Remove and when  
cool, flake the fish.

**Step Two** In a medium sized bowl,  
combine the salmon, eggs, green  
onions, bread crumbs, walnuts and  
juice. Use your hands to gently com-  
bine and form into 8 – 10 patties that  
are no more than ¾ to 1" thick.

**Step Three** Place the cakes on a  
parchment lined sheet tray and slide  
into the oven. Cook for about 15

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



minutes, flip and cook for about 5  
minutes or until golden brown.

### Salad

1 Box Power Greens, Arugula or  
Spinach (10 – 12 cups of greens)  
1 Cup Grape Tomatoes, quartered  
1 Avocado Sliced

1 Recipe Honey Dijon Dressing  
¼ Cup Sliced Green Onions, green  
parts only

On six plates, make a bed of the  
greens, sprinkle on the tomatoes and  
arrange a few slices of the avocado  
on the side of the plate. Drizzle with  
the dressing, add a salmon cake and  
garish with sliced green onions.

### Honey Dijon Salad Dressing

½ Cup Extra Virgin Olive Oil  
½ Cup Apple Cider Vinegar  
¼ Cup Dijon Mustard  
1 TB + 1 Tsp Honey  
Sea Salt and Freshly Ground Pepper  
Shake the ingredients together in a jar.

## 2 Kitchen Scoop

The salmon cakes keep in the fridge for  
3 – 4 days, and in the freezer for 4 –  
6 months, wrapped well. The dressing  
will keep in the fridge for 4 – 5 days.

## 3 Clever Idea

Of course these salmon cakes  
are awesome as a burger, too! If  
you freeze the leftovers, just pop  
in the microwave for about 1  
minute to warm them up.

## 4 Cheers!

**Caceres Blanco Rioja**  
Rioja Spain  
About \$10.00

Think Spain's Rioja wine is always a  
rich dark red? Its not! This white wine is  
made with the Rioja regions most im-  
portant white grape - Viura. Wines  
made from Viura are fresh and fruity  
with flavors of citrus and melon and  
are most often aged in stainless steel to preserve the crisp flavors. Great  
with fish and vegetables dishes - perfect with spring and summer salads!